

WHAT IS CLAIMED IS:

1. A yoga mat, comprising:

an elongated mat having an upper surface and a lower surface;

and

a symmetrical body placement guide on the upper surface of the mat and configured to aid a yoga practitioner to properly align the practitioner's body during yoga postures, the body placement guide including:

a patterned design defining a longitudinal axis substantially extending the length of and bisecting the upper surface, the patterned design further defining a transverse axis bisecting the longitudinal axis; and

four equal quadrants defined by the longitudinal axis and the transverse axis, each quadrant being adjacent to two other quadrants, the patterned design in each quadrant being a mirror image of the patterned design of the two adjoining quadrants.

2. The yoga mat of claim 1, wherein the patterned design includes indicia positioned from the longitudinal axis at a forty-five degree angle.

3. The yoga mat of claim 2, wherein the indicia comprises a line extending from the longitudinal axis at a forty-five degree angle.

4. The yoga mat of claim 1, wherein the patterned design includes indicia positioned from the transverse axis at a forty-five degree angle.

5. The yoga mat of claim 4, wherein the indicia comprises a line extending from the transverse axis at a forty-five degree angle.

6. The yoga mat of claim 1, wherein the patterned design defines multiple segments of equal area parallel to the transverse axis.

7. The yoga mat of claim 1, wherein the patterned design defines multiple segments of equal area parallel to the longitudinal axis.

8. The yoga mat of claim 1, wherein the patterned design includes step indicia within each quadrant.

9. The yoga mat of claim 8, wherein the step indicia are created by intersecting lines forming a ninety degree angle.

10. The yoga mat of claim 1, wherein the elongated mat has a rectangular configuration.

11. A yoga mat, comprising:

an elongated mat having an upper surface and a lower surface;

and

a symmetrical body placement guide on the upper surface of the mat and configured to aid a yoga practitioner to properly align the practitioner's body during yoga postures, the body placement guide including:

a patterned design defining a longitudinal axis substantially extending the length of and bisecting the upper surface, the patterned design further defining a transverse axis bisecting the longitudinal axis; and

four equal quadrants defined by the longitudinal axis and the transverse axis, each quadrant being adjacent to two other quadrants, the patterned design in each quadrant being a mirror image of the patterned design of the two adjoining quadrants;

wherein the patterned design includes indicia positioned from the longitudinal axis at a forty-five degree angle; and

wherein the patterned design includes indicia positioned from the transverse axis at a forty-five degree angle.

12. The yoga mat of claim 11, wherein the indicia extending from the longitudinal axis and transverse axis at a forty-five degree angle comprise lines.

13. The yoga mat of claim 11, wherein the patterned design defines multiple segments of equal area parallel to the transverse axis.

14. The yoga mat of claim 11, wherein the patterned design defines multiple segments of equal area parallel to the longitudinal axis.

15. The yoga mat of claim 11, wherein the patterned design includes step indicia within each quadrant.

16. The yoga mat of claim 15, wherein the step indicia are created by intersecting lines forming a ninety degree angle.

17. The yoga mat of claim 1, wherein the elongated mat has a rectangular configuration.

18. A yoga mat, comprising:

an elongated mat having a rectangular configuration, an upper surface and a lower surface; and

a symmetrical body placement guide on the upper surface of the mat and configured to aid a yoga practitioner to properly align the practitioner's body during yoga postures, the body placement guide including:

a patterned design defining a longitudinal axis substantially extending the length of and bisecting the upper surface, the patterned design further defining a transverse axis bisecting the longitudinal axis; and

four equal quadrants defined by the longitudinal axis and the transverse axis, each quadrant being adjacent to two other quadrants, the patterned design in each quadrant being a mirror image of the patterned design of the two adjoining quadrants;

wherein the patterned design includes indicia positioned from the longitudinal axis at a forty-five degree angle;

wherein the patterned design includes indicia positioned from the transverse axis at a forty-five degree angle; and

wherein the patterned design includes step indicia within each quadrant.

19. The yoga mat of claim 18, wherein the indicia extending from the longitudinal axis and transverse axis at a forty-five degree angle comprise lines.

20. The yoga mat of claim 18, wherein the patterned design defines multiple segments of equal area parallel to the transverse axis.

21. The yoga mat of claim 18, wherein the patterned design defines multiple segments of equal area parallel to the longitudinal axis.

22. The yoga mat of claim 18, wherein the step indicia are created by intersecting lines forming a ninety degree angle.